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First Lady Jenny Sanford Announces Free Hiking Guide
Simply Describe your Favorite Hike

Columbia, S.C. – September 11, 2006 – First Lady Jenny Sanford has issued a call to get South Carolina families hiking. To help do this, she is offering a free copy of *Favorite Family Hikes* to the first 100 South Carolinians who describe their favorite hike in the Palmetto State.

“Hiking season is here and South Carolina has a wide variety of trails for us to enjoy,” said Mrs. Sanford. “This hiking guide can help the entire family stay active and experience the natural beauty of our state. My thanks to BMW and Palmetto Conservation Foundation for making the guides available to South Carolinians interested in exploring the great outdoors this hiking season.”

The 30 walks included in the guide represent a variety of trails and range of physical challenges, from strolls on the beach to mountainside scrambles. Many of the trips in *Favorite Family Hikes* can be done in a half-day – especially if you are visiting population centers such as Greenville, Columbia or Charleston. Detailed trail descriptions include easy-to-read logistics, useful tips on hiking with kids, safety and encouraging environmental awareness. *Favorite Family Hikes* was published in 2004 by Palmetto Conservation Foundation and sponsored by BMW Manufacturing Co. The two organizations have made 100 copies available to the First Lady’s Healthy South Carolina Challenge.

“We are happy we are able to partner with Mrs. Sanford to promote active living in South Carolina,” said Bobby Hitt, department manager of Media and Public Affairs at BMW Manufacturing Co. “BMW is committed to improving the quality of life for our citizens and *Favorite Family Hikes* is a useful tool. We think every family can find a hike to enjoy.”

To receive a free copy of the guide, submit a short letter or e-mail describing your favorite hike in South Carolina. There is no application form or registration process. **Simply mail your letter to: Day Hike Give Away, C/O Palmetto Conservation, 1314 Lincoln Street, Suite 305, Columbia, SC 29201.** You may e-mail your letter to sanderson@palmettoconservation.org. The first 100 people submitting a letter will receive the guide in the mail.

“We are interested in hearing what trails people like in South Carolina,” said Ken Driggers, executive director of the Palmetto Conservation Foundation. “We are a trail building organization and we try hard to meet the demand of hikers. The letters will be helpful in our planning.” Palmetto Conservation Foundation is a statewide non-profit organization which promotes active living, recreation and conservation. Among its many programs is the development of the Palmetto Trail which stretches from the mountains to the sea.

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The Healthy SC Challenge is an outcome-based, cooperative effort to encourage individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information, please visit www.healthysc.gov, or call 803-737-2325.

Information on Favorite Family Hikes, the Palmetto Trail or Palmetto Conservation Foundation can be found at www.palmettoconservation.org. The Foundation also offers many outdoor related guides in its e-store.